

Tom's Fat Bomb Recipe

- Melt two packets butter slowly under a low heat
- In another pan, heat 4 gelatin sticks in 400ml (approx. half a pint of water) with 3 tablespoons of Xylitol
- Take 10 eggs and separate the yolks
- Put the water in with the eggs and butter. Bring it up to a temperature where the eggs are cooking but not boiling after whisking the mixture.
- Add 6 tablespoons of Cocoa. Or two lemons. Or teaspoon of Vanilla essence
- Salt to taste
- Pour into containers and wait to set.